

# Kenilworth Elementary School Lunch Menu

## August 23 - August 31, 2010



Monday - August 23	Tuesday - August 24	Wednesday - August 25	Thursday - August 26	Friday - August 27
<b>Herb Roasted Chicken Breast</b> <b>Oat Roll</b> <b>Field Corn Summer Succotash</b> <b>Shenandoah Market Melon</b> <b>Salad</b> <b>8 oz Skim or 1% Milk</b>	<b>Chicken Salad on Multigrain</b> <b>Bread with Tarragon Aioli,</b> <b>Lettuce and Tomato</b>  <b>Braised Spinach</b> <b>Orchard Peach Hand Fruit</b> <b>8 oz Skim or 1% Milk</b>	<b>Baked Whitefish with Tomato</b> <b>Salsa</b> <b>Stewed Zucchini</b>  <b>Roasted Sweet Potatoes</b> <b>8 oz Skim or 1% Milk</b>	<b>Roasted Turkey Breast</b> <b>Sandwich on Multigrain Bread</b> <b>with Local Potato Chips</b>  <b>Orchard Peach Hand Fruit</b> <b>8 oz Skim or 1% Milk</b>	<b>Eastern Shore Market</b> <b>Vegetable Pizza</b> <b>Market Braised Kale</b>  <b>Sliced Watermelon</b> <b>8 oz Skim or 1% Milk</b>
<b>Vegetarian Alternative: Summer</b> <b>Pasta Salad</b>	<b>Vegetarian Alternative: Whole</b> <b>Wheat Pasta with Tomato</b> <b>Sauce and Garlic Bread</b>	<b>Vegetable and Cheese Burrito</b> <b>on a Whole Wheat Tortilla</b> <b>with Tomato Salsa</b>	<b>Roasted Market Vegetables</b> <b>and Pearl Couscous with Vine</b> <b>Ripened Stewed Tomatoes</b>	
Monday - August 30	Tuesday - August 31			
<b>Whole Wheat Pasta Mac and</b> <b>Cheese</b> <b>Garlic Broccoli</b> <b>Orchard Apple Hand Fruit</b> <b>8 oz Skim or 1% Milk</b>	<b>Ground Beef Spanish Rice</b> <b>(Brown Rice)</b> <b>Salad</b> <b>Orchard Peach Hand Fruit</b> <b>8 oz Skim or 1% Milk</b>  <b>Vegetarian Alternative: Rice</b> <b>and Corriander Dusted Beans</b>			

